

The embodiments of the invention in which an exclusive property or privilege is claimed are defined as follows:

1. A method for the remote monitoring and management of a patient's health condition by a health care provider, the method comprising:
  - a). providing a health care provider apparatus to the health care provider, the health care provider apparatus, comprising:
    - i). a health care provider interaction unit having:
      - A). a health care provider interaction unit display that is controlled by a health care provider interaction unit interface, the health care provider interaction unit interface accepting a health care provider display information and rendering the health care provider display information for display on the health care provider interaction unit display;
      - B). a health care provider interaction unit input device that receives a health care provider input from the health care provider, the health care provider interaction unit input device sending the health care provider input to the health care provider interaction interface;
    - ii). a health care provider data management unit, comprising:
      - A). a health care provider central processing unit having a health care provider script generator for generating a script program;
      - B). a health care provider communication circuit coupled to the health care provider central processing unit;
      - C). a health care provider memory coupled to the health care provider central processing unit;
  - b). generating the script program with the health care provider script generator, the script program having script commands representing a computer-executable patient protocol for the management and monitoring of the patient's health condition;
  - c). providing a remotely-programmable patient apparatus to the patient, the remotely-programmable patient apparatus, comprising:
    - i). a patient interaction unit having:
      - A). a patient interaction unit display that is controlled by a patient interaction unit interface, the patient interaction unit interface accepting a

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patient display information and rendering the patient display information for display on the patient interaction unit display;

B). a patient interaction unit input device that receives a patient data from the patient, the patient interaction unit input device sending the patient data to the patient interaction unit interface;

ii). a patient data management unit, comprising:

A). a patient central processing unit having a patient script processor for processing the script program;

B). a patient communication circuit coupled to the patient central processing unit;

C). a patient memory coupled to the patient central processing unit;

d). connecting the health care provider apparatus to the communication network by way of the health care provider communication means;

e). connecting the remotely programmable patient apparatus to the communication network by way of the patient communication means;

f). downloading the script program from the health care provider apparatus to the remotely programmable patient apparatus over the communication network;

g). processing the script program with the patient central processing means of the remotely programmable patient apparatus, the processing of the script program producing the patient display information;

h). displaying the patient display information to the patient on the patient interaction unit display of the patient interaction unit.

2. The method of Claim 1, wherein the patient interaction unit is a palm-top computer, the display means being provided by a display screen of the palm top computer, and the patient interaction unit input device is a palm-top computer input device such as a touch screen.

3. The method of Claim 2, wherein the patient display information includes health condition related instructions to the patient.

4. The method of Claim 3, wherein the processing of the script program further comprises:

displaying a health condition related query on the patient interaction unit display of the patient interface unit, the health condition related query being a part of the patient display information;

receiving an answer to the health condition related query from the patient interaction unit input device as a patient data.

5. The method of Claim 4, further comprising sending the patient data from the remotely programmable patient apparatus to the health care provider apparatus over the communication network.

6. The method of Claim 5, wherein the health care provider data management unit is a Web Server and the communication network is the World Wide Web.

7. The method of Claim 5, wherein the health care provider interaction unit is a personal computer, the health care interaction unit display being provided by a monitor connected to the personal computer, the health care provider interaction interface means is provided by a software program that is running on the personal computer, and the patient interaction unit input device provided by a computer input device such as a keyboard.

8. The method of Claim 7, wherein the health care provider data management unit further comprises a patient data interpretation means for interpreting the patient data.

9. The method of Claim 5, wherein the patient data management unit is implemented by the script program.

10. The method of Claim 5, wherein the health care provider data management unit is a clearinghouse.

11. The method of Claim 10, wherein the health care provider display device is a facsimile machine.

12. The method of Claim 5, wherein the communication network is a telephone network.

13. The method of Claim 12, wherein the telephone network is a cellular telephone network.

14. The method of Claim 5, wherein the communication network is a cable.

15. The method of Claim 5, wherein the script program output incorporates game-like features to motivate the patient to interact with the patient interaction unit.

16. The method of Claim 5, wherein the script program output includes animation to motivate the patient to interact with the patient interaction unit.

17. The method of Claim 5, further comprising:

providing a monitoring unit that takes a measurement of a physiological health indicator of the patient, the monitoring unit having a monitoring unit communication circuit;

connecting the patient communication circuit to the monitoring unit communication circuit to form a second communication network;

sending the measurement of the physiological health indicator of the patient as a patient data to the remotely programmable patient apparatus over the second communication network.

providing a monitoring unit that takes a measurement of a physiological health indicator of the patient, the monitoring unit having a monitoring unit communication circuit;

connecting the patient communication circuit to the monitoring unit communication circuit to form a second communication network;

sending the measurement of the physiological health indicator of the patient as a patient data to the remotely programmable patient apparatus over the second communication network.

18. The method of Claim 17, further comprising:

forwarding the measurement of the physiological health of the patient as the patient data from the remotely programmable patient apparatus to the health care provider apparatus over the communications network.

19. The method of Claim 3, further comprising:

providing a monitoring unit that takes a measurement of a physiological health indicator of the patient, the monitoring unit having a monitoring unit communication circuit;

connecting the patient communication circuit to the monitoring unit communication circuit to form a second communication network;

sending the measurement of the physiological health indicator of the patient as a patient data to the remotely programmable patient apparatus over the second communication network.

20. The method of Claim 19, further comprising:

forwarding the measurement of the physiological health of the patient as the patient data from the remotely programmable patient apparatus to the health care provider apparatus over the communications network.

21. The method of Claim 20, wherein the second communication network is the World Wide Web.

22. The method of Claim 20, wherein the health care provider data management unit is a Web Server and the communication network is the World Wide Web.

23. The method of Claim 20, wherein the health care provider interaction unit is a personal computer, the health care provider interaction unit display being provided by a monitor connected to the personal computer, the health care provider interaction interface means is provided by a software program that is running on the personal computer, and the patient interaction unit input device provided by a computer input device such as a keyboard.

24. The method of Claim 23, wherein the health care provider data management unit further comprises a patient data interpretation means for interpreting the patient data.

25. The method of Claim 20, wherein the patient interaction unit interface is a program cartridge insertable into the palm-top computer and includes the patient data management unit.

26. The method of Claim 20, wherein the health care provider data management unit is a clearinghouse

27. The method of Claim 26, wherein the health care provider display device is a facsimile machine.

28. The method of Claim 20, wherein the communication network is a telephone network.

29. The method of Claim 28, wherein the telephone network is a cellular telephone network.

30. The method of Claim 20, wherein the communication network is a cable.

31. The method of Claim 20, wherein the script program output incorporates game-like features to motivate the patient to interact with the patient interaction unit.

32. The method of Claim 20, wherein the script program output includes animation to motivate the patient to interact with the patient interaction unit.

33. The method of Claim 20, wherein the patient interaction interface means is provided by a software program operating in the palm-top computer.

34. The method of Claim 33, wherein the patient data management unit is implemented by the software program operating in the palm-top computer.

35. The method of Claim 1, wherein the remotely programmable patient interaction unit is a handheld video game, the patient interaction unit display is provided by a display screen of the handheld video game, and the patient interaction unit input device is provided by at least one game key of the handheld video game.

36. The method of Claim 35, wherein the patient display information includes health condition related instructions to the patient.

37. The method of Claim 36, wherein the processing of the script program further comprises:

displaying a health condition related query on the patient interaction unit display of the patient interface unit, the health condition related query being a part of the patient display information;

receiving an answer to the health condition related query from the patient interaction unit input device as a patient data.

38. The method of Claim 37, further comprising sending the patient data from the remotely programmable patient apparatus to the health care provider apparatus over the communication network.

39. The method of Claim 38, further comprising:

providing a monitoring unit that takes a measurement of a physiological health indicator of the patient, the monitoring unit having a monitoring unit communication circuit;

connecting the patient communication circuit to the monitoring unit communication circuit to form a second communication network;

sending the measurement of the physiological health indicator of the patient as a patient data to the remotely programmable patient apparatus over the second communication network.

40. The method of Claim 39, further comprising:

forwarding the measurement of the physiological health of the patient as the patient data from the remotely programmable patient apparatus to the health care provider apparatus over the communications network.

41. The method of Claim 36, further comprising:

providing a monitoring unit that takes a measurement of a physiological health indicator of the patient, the monitoring unit having a monitoring unit communication circuit;

connecting the patient communication circuit to the monitoring unit communication circuit to form a second communication network;

sending the measurement of the physiological health indicator of the patient as a patient data to the remotely programmable patient apparatus over the second communication network.

42. The method of Claim 41, further comprising:

forwarding the measurement of the physiological health of the patient as the patient data from the remotely programmable patient apparatus to the health care provider apparatus over the communications network.

43. The method of Claim 1, wherein the patient interaction unit is a console video game, the patient display means is provided by a video monitor coupled for video output to the console video game, and the patient interaction unit input device is provided by at least one game key of a game controller of the console video.

44. The method of Claim 43, wherein the patient display information includes health condition related instructions to the patient.

45. The method of Claim 44, further comprising:

providing a monitoring unit that takes a measurement of a physiological health indicator of the patient, the monitoring unit having a monitoring unit communication circuit;

connecting the patient communication circuit to the monitoring unit communication circuit to form a second communication network;

sending the measurement of the physiological health indicator of the patient as a patient data to the remotely programmable patient apparatus over the second communication network.

46. The method of Claim 45, further comprising:

forwarding the measurement of the physiological health of the patient as the patient data from the remotely programmable patient apparatus to the health care provider apparatus over the communications network.

47. The method of Claim 44, wherein the processing of the script program further comprises:

displaying a health condition related query on the patient interaction unit display of the patient interface unit, the health condition related query being a part of the patient display information;

receiving an answer to the health condition related query from the patient interaction unit input device as a patient data.



48. The method of Claim 47, further comprising sending the patient data from the remotely programmable patient apparatus to the health care provider apparatus over the communication network.

49. The method of Claim 48, further comprising:

providing a monitoring unit that takes a measurement of a physiological health indicator of the patient, the monitoring unit having a monitoring unit communication circuit;

connecting the patient communication circuit to the monitoring unit communication circuit to form a second communication network;

sending the measurement of the physiological health indicator of the patient as a patient data to the remotely programmable patient apparatus over the second communication network.

50. The method of Claim 49, further comprising:

forwarding the measurement of the physiological health of the patient as the patient data from the remotely programmable patient apparatus to the health care provider apparatus over the communications network.

51. The method of Claim 50, wherein the health care provider data management unit is a Web Server and the communication network is the World Wide Web.

52. The method of Claim 50, wherein the health care provider interaction unit is a personal computer, the health care provider interaction unit display being provided by a monitor connected to the personal computer, the health care provider interaction interface means is provided by a software program that is running on the personal computer, and the patient interaction unit input device provided by a computer input device such as a keyboard.

53. The method of Claim 52, wherein the health care provider data management unit further comprises a patient data interpretation means for interpreting the patient data.

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